

soorya upanishat

(atharvavedeeya saamaanyopanishat)

om bhadram karNebhih shruNuyaama devaaha | bhadram
pashyemaakshabhiryajatraaha | sthirairangaistushTuvaagm sastanoobhihi | vyashema
devahitam yadaayuhu | svasti na indro vrudhashravaaha | svasti nah pooshaa
vishvavedaaha | svasti nastaarkshyo arishTanemihi | svasti no bruhaspatirdadhaatu ||

om shaantih shaantih shaantihi ||

om atha sooryaartharva aangirasam vyaakhyaasyaamaha | brahmaa rushihi | gaayatree
Chandaha | aadityo devataa | hamsah so~ham agni naaraayaNa yuktam beejam |
hrullekhaa shakti | viyadaadi sarga samyuktam keelakam | chaturvidha purushaatha
siddhyarthe viniyogaha |

shaT svaraarooDhena beejena shaDangam raktaambuja samsthitam sapta ashva
rarathinam hiraNya varNam chatu rbhujam padma dvaya abhaya varada hastam kaala
chakra praNetaaram shree soorya naaraayaNam ya evam veda sa vai braahmaNaha ||

om bhoorbhuvah suvaha | tat savitur vareNyam bhargo devasya dheemahi | dhiyo yo
nah prachodayaat | soorya aatmaa jagatastasthushashcha | sooryaadvai khalvimaani
bhootaani jaayante | sooryaadyajnah parjanyo~nnamaatmaa |

namaste aaditya | tvameva pratyaksham karma kartaasi | tvameva pratyaksham
brahmaasi | tvameva pratyaksham vishNurasi | tvameva pratyaksham rudrosi | tvameva
pratyaksham rugasi | tvameva pratyaksham yajurasi | tvameva pratyaksham saamaasi |
tvameva pratyakshamatharvaasi | tvameva sarvam Chandosi | aadityaad vaayurjaayate
| aadityaad bhoomirjaayate | aadityaad aapo-jaayante | aadityaaj jyotirjaayate |
aadityaad vyoma disho jaayante |

aadityaad devaa jaayante | aadityaad vedaa jaayante | aadityo vaa esha etan
maNDalam tapati | asaavaadityo brahmaa | aadityo antahkaraNa-manobuddhi-chitta
ahamkaaraaha | aadityo vai vyaanas samaano-daano~paanah praaNaha | aadityo vai
shrotra-tvakchakshoo rasana ghraaNaaha |

aadityo vai vaakpaaNi paadapaada paayoopasthaaha | aadityo vai shabda sparsha
roopa rasa gandhaaha | aadityo vai vachanaadaanaagamana visargaanandaaha |
aanandamayo vighnaanamayo vighnaanaghana aadityaha | namo mitraaya bhaanave
mrutyormaa paahi | bhraajishNave vishvahetave namaha | sooryaad bhavanti bhootaani
sooryeNa paaleetaani tu |

soorye layam praapnuvanti yah sooryah so~hameva cha | chakshurno devah savitaa
chakshurna uta parvataha | chakshu-rdhaataa dadhaatu naha |

aadityaaya vidmahe sahasra kiraNaaya dheemahi | tannah sooryah prachodayaat |

savitaa purastaat savitaa pashchaattaat savitottaraattaat savitaa dharaattaat savitaa
nah suvatu sarvataatigm savitaa no raasataam deergham aayuhu |

om ityeka aksharam brahmaa | ghruNiriti dve akshare | soorya ityaksharadvayam |
aaditya iti treeNyaksharaaNi | etasyaiva sooryasya ashTaaksharo manuhu |

yah sadaaharaharjapati sa vai braahmaNo bhavati sa vai braahmaNo bhavati | soorya
abhimukho japtvaa mahaa vyaadhi bhayaat pramuchyate | alakshmeer nashyati |
abhakshya bhakshaNaat pooto bhavati | agamyaa gamanaat pooto bhavati | patita
sambhaashaNaat pooto bhavati | asat sambhaashaNaat pooto bhavati |

madhyaanhe sooryaabhimukhah paThet | sadyotpanna pancha mahaa paatakaat
pramuchyate | saishaa saavitreem vidyaam na kinchidapi na kasmaichit prashamsayet
ya etaam mahaabhaagah praatah paThati sa bhaagyavaan jaayate pashoonvindati |
vedartham labhate | trikaalam etat japtvaa kratu shata phalam avaapnoti | hastaaditye
japati sa mahaa mrutyum tarati sa mahaa mrutyum tarati ya evam veda | ityupanishat |
om shaantih shaantih shaantihi ||